

MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	
Monthly flying-hour contract	69.0
Hours flown	69.6
Monthly offset	0.6
33rd Rescue Squadron	
Monthly flying-hour contract	104.0
Hours flown	78.0
Monthly offset	-26.0
909th Air Refueling Squadron	
Monthly flying-hour contract	270.0
Hours flown	194.0
Monthly offset	-76.0
44th Fighter Squadron	
Monthly sortie contract	173
Sorties flown	85
Monthly offset	-88
67th Fighter Squadron	
Monthly sortie contract	346
Sorties flown	157
Monthly offset	-189
Source: 18th MOS/MXOOP, as of May 17	

THE

KADENA

SHOGUN

Vol. 19, No. 18
Kadena Air Base, Japan
Friday, May 20, 2005

WEEKEND WEATHER

**TODAY:** Cloudy with isolated rainshowers NE to E winds @ 10 knots  
High: 79 Low: 72

**SATURDAY:** Cloudy with isolated rainshowers E to SW winds @ 9-12 knots  
High: 77 Low: 72

**SUNDAY:** Cloudy with isolated rainshowers SW winds @ 10-12 knots  
High: 79 Low: 72

FRIDAY MORNING'S  
COMMUNITYBANK  
EXCHANGERATES  
BUYING: \$1=¥104 SELLING: ¥104=\$1

# 353rd Special Operations Group holds commando spouse orientation



Air Force/Airman 1st Class Stephanie Sinclair Senior Airman Robert Thomas (center), 320th Special Tactics Squadron, uses an electric saw to cut through the roof of an overturned van while Capt. Eric Lewantowicz (right), 320th STS, assists during a casualty rescue demonstration outside the 353rd Special Operations Group maintenance hangar Saturday. Despite the hard rain, more than 180 spouses and children attended the day-long event to see what their loved ones do at the workplace.



Air Force/Airman 1st Class Stephanie Sinclair Tech. Sgt. Jason Golden, 353rd Special Operations Group, straps a gas mask on 8-year-old Marika Davan during commando spouse orientation Saturday. Members of the 353rd SOG set up various displays of vehicles, weapons and equipment for spouses and children to see.

# Three 18th CS Airmen win top Air Force awards

By Senior Airman Anna Fitzhorn  
18th Wing Public Affairs

With thousands of personnel in communications squadrons Air Force-wide, three Kadena Airmen were recently singled out as 2004 Air Force Communications and Information award winners.

One award winner, Master Sgt. Robert Marquez, the 18th Wing spectrum manager, was named the Air Force Communications and Information Outstanding Electromagnetic Spectrum Manager of the Year.

Sergeant Marquez obtains radio frequency authorizations for land mobile radio, airfield, weather, air traffic control and airborne communication systems. Any device that intentionally emits electromagnetic energy must have a frequency license to operate.

"Operating without an assigned frequency significantly increases the chance for systems to step all over each other," said the 20-year Air Force veteran. "I deconflict frequencies, so no one's equipment is degraded by another."

On one such job, Sergeant Marquez



Master Sgt. Robert Marquez

deployed to Balad Air Base, Iraq, to resolve Predator, Hunter, and other unmanned aerial vehicle frequency conflicts.

He restored 1,300 frequency records leading to the execution of more than 20,000 Operation Iraqi Freedom and Enduring Freedom combat sorties. He also obtained airborne radar frequency clearances, satellite channel authorization, and worked extensively in support of the Air Support Operations Center and tactical air control party operations.

His actions and accomplishments led an independent award panel to select Sergeant Marquez from among the 25 Air Force Communications and Information individual award winners to receive the Air Force Association General Billy Mitchell Award as the person whose communications and information contributions most enhanced the Air Force's war fighting capability.

"This career field is very small – 89 people total in the Air Force – and the caliber of people is incredible," said Sergeant Marquez. "To be singled out for this award is truly amazing and very humbling."

Tech. Sgt. Richard Freeland, a photographer, said he's seen and done a lot, and now he's earned the Air Force Communications and Information Outstanding Visual Information NCO award.

Sergeant Freeland, the NCO-in-

charge of base photography, handles all photo issues in the largest multimedia center in Pacific Air Forces.

"Without a doubt, I believe I have the best job in the Air Force," said the 16-year Air Force veteran. "Supporting combat camera and doing all the great things we can do in communications is just amazing."

Some of those "great things" included deploying to Kwang Ju, Korea, last year during an operational readiness exercise which led to his imagery being used in mission briefs and on Air Force Link. Sergeant Freeland

also deployed to take aerial photography of combat missions over Iraq and Afghanistan, and has more than 150 combat hours in a B-52. He was awarded the Lance P. Sijan Leadership Award and the air medal for his heroic combat support.

Back home, Sergeant Freeland's photo documentation of 168 crime scenes was key to 85 investigations and 17 courts martial.

"I'm extremely humbled," he said about winning his first Air Force-level

award. "It's somewhat a personal accomplishment, but on a larger scale, this award is really a group accomplishment."

Senior Airman Larry Kissner, an Air Postal Squadron assistant Naha mail control activity chief, provides mail service to Kadena and the U.S. Marine Corps' largest overseas combat force. He enables 11 million pounds of mail to reach the 55,000 Department of Defense Americans on 11 bases in Okinawa.

"My job is to make sure our military members and their families receive prompt delivery of mail," said Airman Kissner. "It's very satisfying for me."

During a deployment to Al Udeid Air Base, Qatar, last year, he processed 56,000 pieces of mail through Qatari customs, seized 500 illegal items, and was awarded the Air Force achievement medal.

Airman Kissner was named Air Force Communications and Information Outstanding Postal Service Airman.

"This is the biggest accomplishment I've received in the Air Force," said Airman Kissner. "It's a really good feeling to win an award like this."



Tech. Sgt. Richard Freeland



Senior Airman Larry Kissner





# Supervisors - Take care of your people

By Lt. Col. Peter Markle  
18th Equipment Maintenance  
Squadron commander

It almost sounds cliché to say that taking care of your people is a priority. So to understand better, I sat down with one of my technical sergeants and asked her what it meant to "take care of your people" as an NCO – the backbone of our enlisted force. What she told me, I believe, provides a realistic, daily life expectation of how to take care of your people.

"First impressions are lasting impressions," are the truest words ever spoken. As a new Airman arriving at Kadena, things can quickly become overwhelming and confusing. The best thing an NCO can do for a new troop is to be a great sponsor, leader, and mentor. This entails helping them in-process the base and squadron effectively which will set them up for

success. The worst thing a sponsor can do is send their new troop on a wild goose chase and not find the time to help.

I've also found that the most important things in a duty section are continuity and consistency. The way we treat our folks within our sections greatly affects the productivity that we will receive from them.

First and foremost, we must train our folks to give them the tools that they need in order to succeed, and empower them to utilize what was taught. In saying that, a supervisor must also hold them accountable when the job is complete. 'Accountable' is not just criticizing them for doing something wrong, but also praising them for doing something well or going above and beyond.

Never be afraid to train yourself out of a job. It can be very easy to de-motivate our

**A leader must praise when it's deserved, notice extra efforts and create informational feedback. If we don't clearly state our objectives, then we can't be disappointed with the outcome.**

subordinates by failing to train them adequately, not only in work functions, but attitude and values as well. A leader must praise when it's deserved, notice extra efforts and create informational feedback. If we don't clearly state our objectives, then we can't be disappointed with the outcome.

Our goal is to create what is called bottom-up leadership. This means that our subordinates become innovative, questioning, suggestion-producing and boundary pushing. Letting them develop their own creativity and expertise may let the organization move forward. The result of bottom-up leadership leads to increased excitement,

improved cooperation, a greater willingness to be accountable, and an increased sense of engagement.

I believe that taking care of your people boils down to treating them with respect. This encompasses doing the right thing – always, training your troops, giving them the equipment and tools they need to be successful Airmen, and showing them you really do care. Take care of your people daily, and in turn they will be happier to take care of the mission.

*Editor's note: Lt. Col. Markle relinquished command of the 18th EMS to Lt. Col. Steven Bachelor during a change of command ceremony May 11.*

## Celebrating Asian Pacific American Heritage Month

By Sophie Parazo  
353rd Special Operations Group

Kadena kicked off Asian-Pacific American Heritage month with a cake-cutting ceremony at the base exchange earlier this month.

Other APAH month festivities have included storytelling at Bob Hope Prima-

ry School; and an Asian-Pacific heritage book exhibit at the Kadena Library.

This month's observance focuses on Asian-American Pacific Islanders from Japan, Hawaii, Philippines, Guam, Korea, China and other countries, and their contributions to the military.

The Schilling Community Center will hold "The Taste of Asia Day" from 10 a.m.

to 5 p.m. May 28. The event will include food tasting, and cultural displays and entertainment such as dance performances and martial arts demonstrations.

The final event will be a luncheon June 2 from 11 a.m. to 1 p.m. featuring a cultural fashion show.

This year marks the 27th year of APAH month observances.

### ACTION LINES

E-mail: 18wvg.cchotline@kadena.af.mil



Brig. Gen. Jan-Marc Jous  
18th Wing commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

### Mediatti Cable Boxes

My concern is in regards to the converter boxes required to view channels other than the military tier. Our house on Jennings has two cable outlets and I was given materials (coax cable/splitters) by Americable back in July 2002 to hook up TVs in my children's rooms as well as the kitchen. I have a total of five TVs, but Mediatti will only give me two boxes because the house only has two cable outlets. Mediatti has told me there is nothing they can do. I don't think it's fair to pay for extended cable and not be able to watch it.

Thanks for your e-mail. The current cable TV franchise agreement with Mediatti provides for "up to three

drops" (and converter boxes) per housing unit at the time of installation. Mediatti and the government are currently negotiating who will pay for installation of additional drops in housing units that currently have less than the three maximum authorized drops.

Mediatti has invested a considerable sum of money in upgrading the entire island-wide system to provide both cable TV and high speed internet. A key part of the technology that ensures the integrity and quality of the entire system is the converter boxes which are needed to view anything beyond the free basic 'Military Tier (AFN)'. Like other cable companies in the United States, Mediatti does not authorize additional line splitting because it negatively impacts line signal quality for all subscribers on Okinawa.



It has been...

# 4 days

since the last DUI arrest on Kadena.

A senior airman from the 18th Communications Squadron was recently convicted for driving while intoxicated Feb. 24 with a breath-alcohol content of .150 percent. He was demoted to airman 1st class, received a \$1,640 fine, 45 days extra duty and a reprimand.



18th Wing Commander...Brig. Gen. Jan-Marc Jous  
Public Affairs Chief.....Maj. Michael Paoli  
Deputy Public Affairs Chief.....Capt. Carlos Diaz  
PA Superintendent.....Master Sgt. Adam Johnston

#### Kadena Air Base Editorial Staff

Internal Information Chief...1st Lt. Gerardo Gonzalez  
Shogun editor.....Staff Sgt. Jason Lake  
Staff writer.....Senior Airman Anna Fitzhorn  
Staff photographer.....A1C Stephanie Sinclair

Published by Print 21, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 18th Mission Support Group. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas.

Contents of The Kadena Shogun are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Print 21, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use of patronage, without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the Public Affairs Office of Kadena Air Base. All photographs used in The Kadena Shogun are official Air Force photographs, unless otherwise indicated.

All copy and other printed material is handled by 18th Wing Public Affairs, Building 128, Kadena Air Base, Japan. The mailing address is 18 WG/PAI, Unit 5141 Box 30, APO AP 96368-5141. Phone DSN 634-3457/5665. Fax 634-2344.

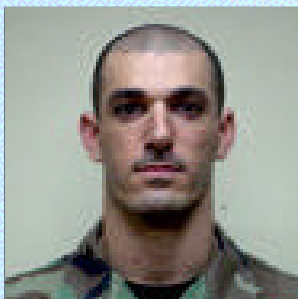
The submission deadline for information to be printed in The Kadena Shogun is 4:30 p.m. on Fridays, seven days before the desired print date.

For editorial submissions, send E-mail to [kadenashogun.newspaper@kadena.af.mil](mailto:kadenashogun.newspaper@kadena.af.mil).

For personal and paid advertising, call Print 21 at 921-2052. Personal free advertisements are offered by Island Market to readers and are printed on a space-available basis. Ad content does not constitute the official views of and are not endorsed by the U.S. government, the Department of Defense, or the Department of the Air Force.



## SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Michael Spear

Detachment 3, Air Force Institute for Operational Health, environmental quality branch NCO in-charge  
Hometown: Pismo Beach, Ca.

Reason for nomination: Sergeant Spear is a superb bioenvironmental engineering technician. He maintained and coordinated 500 sample lead-based paint testing projects for Camp Zama, Marine Corps Air Station Futenma, child development centers, and Department of Defense Dependent Schools.

Time at Kadena: 2 years, 2 months

Editor's note : Shogun Warriors are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.



**DON'T DRINK AND DRIVE:** Did you know -- About 2,000 people are hurt everyday in alcohol-related crashes. Plan ahead or call Airmen Against Drunk Driving at 634-2233.

**ENERGY CONSERVATION TIP:** To reduce the overall lighting at home, remove one bulb out of three or four in multiple light fixtures and replace it with a burned-out one for safety. Replace other bulbs throughout the house with bulbs of the next lower wattage.

**24-HOUR HELP LINE:** The Joint Services Help Line is available for people who need to talk to someone about stress, depression, abuse, parenting, or other issues. Call the help line at **634-HELP(4357)** or **938-0992** from off-base telephones. The abuse line is **634-3123** and teens can call **634-CARE(2273)**.

**SECURITY FORCES TIPS:** The 18th Security Forces Squadron reminds all personnel that the speed limit when departing Kadena is 15 kilometers per hour. Use caution while driving through the gates and do not change lanes until the automobile's front and rear tires have completely crossed over the tire spike stripes to help prevent accidents and tire damage.

**CHAPEL APPLICATIONS:** The Kadena Chapel is accepting applications for evangelical, gospel, and liturgical worship ser-

vice musicians, general Protestant choir director, assistant Protestant religious education coordinator, and youth minister intern. Applications must be picked up and submitted to the Chapel 2 main office by **May 23**. Call 634-1288 for more information.

**HOSPITAL VOLUNTEERS:** The children's waiting room at the U.S. Naval Hospital is looking for volunteers over age 13 from 9 a.m. to 1 p.m. any day of the week. Contact Allison Rad or Lori Goto at 643-8009 or e-mail [asymca@oki10.med.navy.mil](mailto:asymca@oki10.med.navy.mil) for more information.

**LOST AND FOUND:** The 18th Security Forces Squadron currently maintains items of lost and found property. Anyone with lost items such as bicycles, billfolds, keys, and watches, should contact Investigations Monday through Friday from 7:30 a.m. to 4:30 p.m. at 634-4643.

**PWOC EVENTS:** The Kadena Protestant Women of the Chapel will hold an annual Building Bridges traveling training event for inspiration, information, and building bridges around the world **May 23** from 9 a.m. to 3 p.m. at Chapel 2.

- The PWOC will offer four morning bible studies (children welcome), one evening study, and one evening newcomers group throughout the summer. Contact Leslie Boutwell at 633-2512 or visit the PWOC website at

<http://home.attmil.ne.jp/a/pwoc2>.

- The PWOC offers a playgroup for women with children to meet at various locations around Okinawa every second Thursday of the month at 10 a.m. Contact Bridget Beacom at 633-3509 or Dalana Barnett at 633-2599 for more information.

**TAX FILING DEADLINE:** The deadline to file 2004 tax returns is **June 15** due to an automatic two-month extension for overseas filers. The Kadena Tax Center, Bldg. 1460, is open from Tuesday through Friday from 9 a.m. to 4 p.m. for walk-in service only. Contact the tax center at 634-7784/9889 or visit [www.irs.gov](http://www.irs.gov) for further information.

**CHIEF TESTING:** Beginning in September, all senior master sergeants competing for promotion to E-9 will test on the U.S. Air Force Supervisory Examination during the second week of that month. The testing window for the 05E9 cycle is **Sept. 13-16**. The testing cycle will no longer be conducted after Labor Day weekend.

**VOLUNTEER AT THE RED CROSS:** Volunteer positions are available at the Kadena Red Cross. Contact Juanita Gordon at 634-1979 for volunteer opportunities and orientation dates.

**MILDLY ILL CHILD CARE PROGRAM:** If your child is not feeling well enough to participate in normal daily activities, then Kade-

na's Family Child Care Mildly Ill program will take care of your child while you go to work. The program is available Monday through Friday from 6 a.m. to 6 p.m. Call 634-3464 for more information.

**KADENA TELEPHONE SYSTEMS:** The 18th Communications Squadron telephone customer service office located in Bldg. 400 is responsible for installing, relocating and disconnecting residential phone service. Normal operating hours are 8 a.m. to 3:30 p.m. Monday through Friday. Call 634-1005 for any questions or concerns.

- The 18th Comptroller Squadron telephone billing office located in Bldg. 721-C is responsible for sending out all residential telephone bills, collection of money, and any billing issues. Automatic payroll deduction is mandatory for Air Force members, but non-military customers wishing to pay their bill may do so at the billing office or by mailing payment to Kadena Accounting and Finance. Normal operating hours are 8 a.m. to 3 p.m. Monday through Friday. Call 634-5666 for any questions or concerns.

**RADIO FREQUENCIES:** Commercial devices radiating RF energy manufactured for use in the United States are not authorized for use in Japan. This includes CB radio service radios, personal radio service radios, and cordless phones. Call **634-1563** for more details.





# Helping our children cope with deployment

By Tech. Sgt. Michael Stines  
18th Mission Support Squadron

Lengthy family separations disrupt family life as day-to-day matters are turned upside down and the stay-at-home spouse takes over responsibilities normally shared by two people.

This redefinition of chores is not always welcomed and is just one of the issues making it difficult for children to adjust to parental absence due to deployment. Whenever family members are separated from one another for lengthy periods of time, it is disruptive to family life. Day-to-day matters are turned upside down, making it necessary for the stay-at-home spouse to juggle many of the responsibilities usually tended to by two parents.

Often the at-home spouse and older children simply take on the necessary tasks without even discussing matters.

Some children may not understand a parent's absence while others may fear for their parent's safety. It's important to keep communicating with children and monitoring their handling of the separation.

## Before Deployment

Help children understand that they have not done anything wrong. Explain that serving in the military and going away periodically is part of the deployed member's job, just like going to the office every day.

- Talk about where the parent will be and what they will be doing. Post a map where the child can see it. Use the internet to research where the parent will be serving and learn something about its customs or language.

- Be honest and give as much information as possible. The child may have many questions about the military, and the parent's absence or whether or not they will be safe at their location.

- Sit with the whole family and talk about feelings. Let each member express how they feel about the separation.

- Spend time individually with each child. Play a game, go for a walk or watch a movie.

- Have each child take a picture with the deployed spouse.

## Family Readiness Programs

### Deployed Spouses Dinner

Dinner is held on the 4th Saturday of every month at Chapel 1 from 6-8 p.m. The Chapel Services Flight Line Ministry sponsors this event. The Family Support Center works with the Chapel Services to coordinate this dinner. It is designed for spouses and families of personnel who are deployed or TDY, regardless of length of stay. There is free childcare for children and a great home cooked meal. The dinner allows spouses to network with others in the same situation.

### Car Care Because We Care (deployed more than 30 days)

This is a preventive maintenance program worked in conjunction with the Kadena Auto Hobby Shop. This program allows spouses of personnel deployed over 30 days to take their car in for a free oil change, have all fluids topped off, and complete a safety and road inspection. Services are free and if any problems are detected, a written report is given to the spouse.

### Give Parents A Break (deployed more than 30 days)

This program gives relief, through free childcare to spouses of deployed members. It's offered the second Saturday of the month at the Shima No Ko Child Development Center. The program provides five hours of free child care between 6 and 11 p.m. Children ages 6 months to 12 years old are eligible.

### Yellow Ribbon Program (deployed for more than 30 days)

This quality of life program co-sponsored by Kadena Family Support Center and 18th Services Squadron consists of a coupon booklet. It includes four hours of CDC care, or a \$10 discount at Niko Niko, Shima Noko or Wakaba CDC, two \$5 off coupons at Kadena's Officers Club or Rocker NCO Club, 3 free games

of bowling at Emery Lanes and a free local tours for the entire family (Yellow Ribbon package only) with Kadena's Information Tickets and Travel at the Schilling Recreation Center.

### Morale Calls and Video-Teleconferencing calls

The Family Support Center has worldwide DSN access to use morale calls during normal duty hours (7:30 a.m. to 4:30 p.m.) or after duty hours when arrangements have been made. Calls are made from a private room and kids are welcome. Calls are limited to 15 minutes, but can be as often as needed during the deployment. A 15-minute call each week from home is authorized. To access the morale call operator, dial 632-HOME (4663), tell the operator that you would like to make a morale call to your deployed spouse, and provide the DSN number.

### Operation KUDOS (Kids Understanding Deployment Operations)

Offered twice annually, this event allows children to better understand the deployments by having them walk through a deployment line, visit a "tent city", and experience other actions as if they were deploying. The affair is structured with age-appropriate activities to help kids become aware of the deployment process.

### Operation Read

This program uses reading to help children cope with a parent's deployment. The FSC provides a book to the deploying parent and video tapes them reading a story. The book and video are then given to the parent for their child when they deploy.

### Operation Rest

Operation Rest is designed to boost the morale of the entire family using a visual

reminder of loved ones during a separation. The FSC will personalize pillowcases or T-shirts with photo transfers of both military and family members. (The Family Support Center provides pillowcases or T-shirts.)

### Hands across the World

The children of deployed parents make plaster handprints to send to their separated loved one. (This event is scheduled quarterly.)

### Returning Home Care Program

Certain Air Force people returning from overseas deployments 30 days or longer (This does not include going to the states to attend school) are entitled to 16 hours of free child care – per child under the age of 12 – under the Extended Duty Child Care Program. Childcare is available to active-duty members and is designed to help returnees transition home. The care must be used within 30 days of returning from deployment and is provided on a space-available basis. If care is not available when requested, the family child-care office will work to have it reserved for a later date. Call the Family Child Care Program at 634-3464 to schedule an appointment or get more information.

### Free Island-wide Auto Towing

Free towing is available from the Kadena Services Auto Hobby Shop for all spouses who need it. Family members need only provide a copy of orders. Towing is good only between the start and end dates on the orders. Service applies to towing of the vehicle to on/off base residence, AAFES Auto Repair, auto hobby shop or off-base auto repair facility. Family members requesting a vehicle to be towed to an off-base auto repair facility may have to wait until the next duty day for towing. Family members who need towing services may call the Kadena Auto Hobby Shop at 634-1126.

## During Deployment

Different children may cope differently with deployment. Some may react by trying to bend the rules when the parent is away, while others may feel lonely or have trouble sleeping.

- Be consistent with discipline. Don't change the "house rules" just because you're managing as a single parent. It is important for children to understand that the established rules are staying the same.

- Give children a sense of stability. Try to maintain the same daily and weekly routines.

- Talk about the deployed parent frequently. Tell stories or jokes, or even say things like, this is "daddy's favorite movie" or "mommy's favorite dinner."

- Limit television watching, especially of military action. Avoid watching media coverage of conflicts or wars, even ones that parents are not involved in. If your child is interested in watching television coverage, try to do it together to monitor what the child is seeing, answer questions and offer reassurance.

- Help children find helpful ways to handle stress by writing letters, mak-

ing cards and videos, starting a journal or drawing.

- Keep in touch with teachers. Work together to evaluate, avert or redirect unusual behavior.

- Have a child choose a chore that the deployed parent usually does. It will be a special contribution to maintaining the house.

Find professional help if you think there is a problem. Don't feel that you have to solve serious emotional problems on your own. Seek help from chaplains, friends or family members, or Life Skills.

## KADENA SPOTLIGHTS

Congratulations to the following 2005 Pacific Air Forces Services quarterly award winners:

- Airman: **Airman 1st Class Troy Dueling**, food service production chef
- NCO: **Tech. Sgt. Mary Williams**, assistant facility manager
- Company Grade Officer: **Capt. Bonnie Ward**, Okuma Detachment 1 commander

**Staff Sgt. Melissa Bell**, 18th Medical Support Squadron, was named Air Force Outstanding Medical Material NCO of the Year.

Congratulations to the following captains

selected recently for promotion to Major: **Jason Millard**, 909th Air Refueling Squadron; **James Munroe**, 961st Airborne Air Control Squadron; **Paul Nichols**, 961st AACS; **Jeffrey Onan**, 1st Special Operations Squadron; **Thomas Owen**, 353rd Operations Support Squadron; **Cesar Parazo**, 18th Communications Squadron; **Matthew Petro**, 18th Operations Support Squadron; **Jai Pope**, 82nd Reconnaissance Squadron; **Daniel Roesch**, 1st SOS; **Roderick Santulan**, 17th Special Operations Squadron; **Adam Shirriff**, 733rd Air Mobility Squadron; **Michael Smid**, 909th ARS; **Michael Thomas**, 1st SOS; **Michael**

**Thomas**, 961st AACS; **Joseph Williams Jr.**, 909th ARS; **Sean Williams**, 961st AACS.

**Master Sgt. Steven Flax**, 909th Air Refueling Squadron boom operator, was selected to compete for the Pacific Air Forces 2005 General Robert "Dutch" Huyser Award.

Congratulations to the following 2005 Pacific Air Forces Financial Management and Comptroller quarterly award winners:

- Civilian Category I: **Erlinda DeLeon**,
- Civilian Category III: **Cindy Willis**,
- Airman: **Airman 1st Class Crystal Green**

**Master Sgt. Pierre Alcidas**, 961st Airborne Air Control Squadron, was named airborne control and warning warrior of the year in the 2005 Pacific Air Forces Theater Air Control System awards.

Congratulations to the following senior air-

men award winners from Airman Leadership School Class 05-D:

- John Levitow Award: **Michael Clary**, 18th Operations Support Squadron
- Academic Achievement Award: **Matthew Croswell**, 18th Communications Squadron
- Leadership Airman: **Jomaine Saldana**, 18th Logistics Readiness Squadron
- Distinguished Graduates: **Matthew Croswell**, 18th CS; **Joseph Kull**, 390th Intelligence Squadron; **Paul Sterbenz**, 18th LRS; **Ernest Chapko**, 18th Civil Engineer Squadron; **Jennifer Gutierrez**, 18th CS.

Congratulations to the following Kadena Officers' Spouses Club 2005 scholarship winners: **Elisa Rodriguez**, **Sarah Stewart**, **Rebecca Ferneding**, **Emily Kash**, **Diane Whiteside**, **Margaret Johnston**, **Jason Kash**, **Maria Holding**, **Amy Stutzman**, **Daniel DiZoglio**, **Roman Okrasinski**, **Vanessa Carter**, **Elizabeth Bouressa**, **Young-Jin Ohler**, **Angela Bowie**, **Leah Terry**, **Beth Mauldin**.





**AUTO INJECTOR USE**

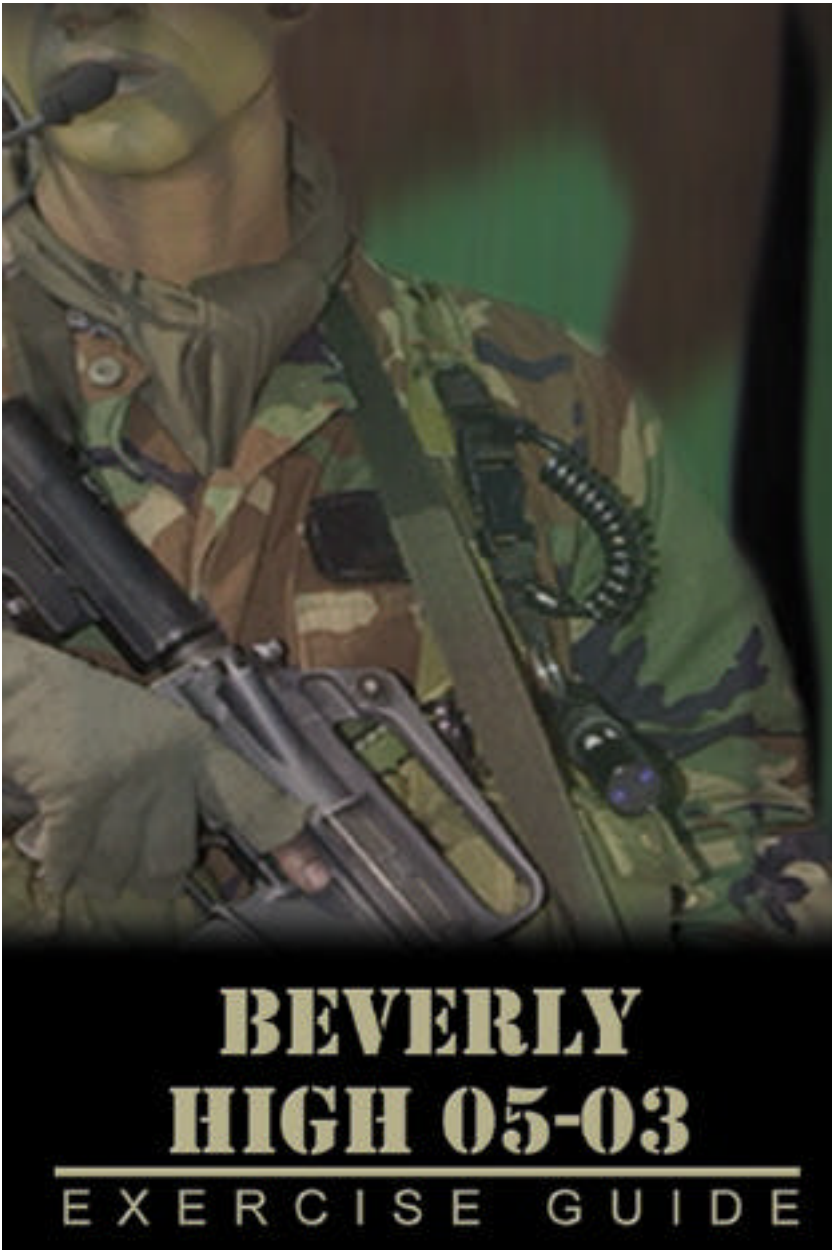
The picture above shows unused (left) and used auto injector training devices. In the event of a simulated attack, the following steps should be taken when using auto injectors:

**REMEMBER "SLSBHR"**

1. **SYMPTOMS:** Know the mild vs. severe symptoms and how to appropriately treat them. For mild symptoms, use one set; for severe symptoms, use all three sets.
2. **LOCATION:** Where are your auto injectors and where do you inject them? Injectors should be stored in your gas mask carrier pouch and most people should inject in the outer thigh. Very skinny people should inject in the upper, outer quadrant of their buttock.
3. **SMALL 10:** Use the Atropine (smaller) injector first and hold it in place for 10 seconds.
4. **BIG 10:** Use the 2 PAM Chloride (larger) injector second and hold it in place for 10 seconds.
5. **HOOK:** Hook used injectors on your GCE.
6. **REPEAT (if necessary):** If you have dry mouth and fast heartbeat within five to 10 minutes of first injections, you've had enough. If you still have symptoms of nerve agent exposure in 10-15 minutes, use another set of injectors.

*Note: In some cases, you may be issued a Diazepam (CANA, or Convulsant Antidote Nerve Agent) injector in addition to Atropine and 2 PAM injectors. The Diazepam injectors are only for use on a buddy. Do not use a Diazepam injector on yourself.*

STEP 2 - FOLD OVER



STEP 1 - FOLD UNDER

STANDARDIZED ALARM SIGNALS FOR BASE X				
AREA IS SUBJECT TO NBC ATTACK				
ALARM	IF YOU:	THE MEANING IS:	YOUR REQUIRED ACTIONS:	
	HEAR 3 TO 5 MINUTE STEADY SIREN	RECALL	REPORT TO DUTY, WEAR BDU OR FLIGHT SUIT	
	HEAR BUZZLE CALL AND ANNOUNCEMENT OF GROUND ATTACK IN THE AFFECTED ZONE, CLEAR STREETS AND TAKE COVER IN AFFECTED ZONE, PERFORM SELARM DUTIES	GROUND ATTACK	IF IN AFFECTED ZONE, CLEAR STREETS AND TAKE COVER IN AFFECTED ZONE, PERFORM SELARM DUTIES	
	HEAR ALARM GREEN, GREEN FLAGS	THREAT OF ENEMY ATTACK	ASSUME DIRECTED MOPP, DON HELMET AND FLAK VEST, CONTINUE NORMAL WARTIME RECOVERY DUTIES	
	HEAR ALARM YELLOW, SEE YELLOW FLAGS	ATTACK IS PROBABLE	DON HELMET AND FLAK VEST, ASSUME DIRECTED MOPP, CONTINUE MISSION CRITICAL DUTIES	
	HEAR ONE MINUTE WAVERING TONE ON SIRENS AND ANNOUNCEMENT OF ALARM BLUE, SEE BLUE FLAGS	ATTACK IS IMMINENT OR IN PROGRESS	TAKE COVER, ASSUME DIRECTED MOPP, DON HELMET AND FLAK VEST	
CK	HEAR ONE MINUTE SHORT BLASTS AND/OR NBC ASSESSMENT	POST ATTACK	ASSUME DIRECTED MOPP, STAY IN SHELTER UNLESS OTHERWISE DIRECTED, ONLY MISSION CRITICAL MOVEMENT	OTHER INFORMATION: THE INSTALLATION COMMANDER DIRECTS ALARM CONDITIONS

MOPP LEVELS					
	Field Gear	Overgarment	Footwear	Mask/Hood	Gloves
MOPP 0	WEAR	CARRY	CARRY	CARRY	CARRY
MOPP 1	WEAR	WEAR	CARRY	CARRY	CARRY
MOPP 2	WEAR	WEAR	WEAR	CARRY	CARRY
MOPP 3	WEAR	WEAR	WEAR	WEAR	CARRY
MOPP 4	WEAR	WEAR	WEAR	WEAR	WEAR

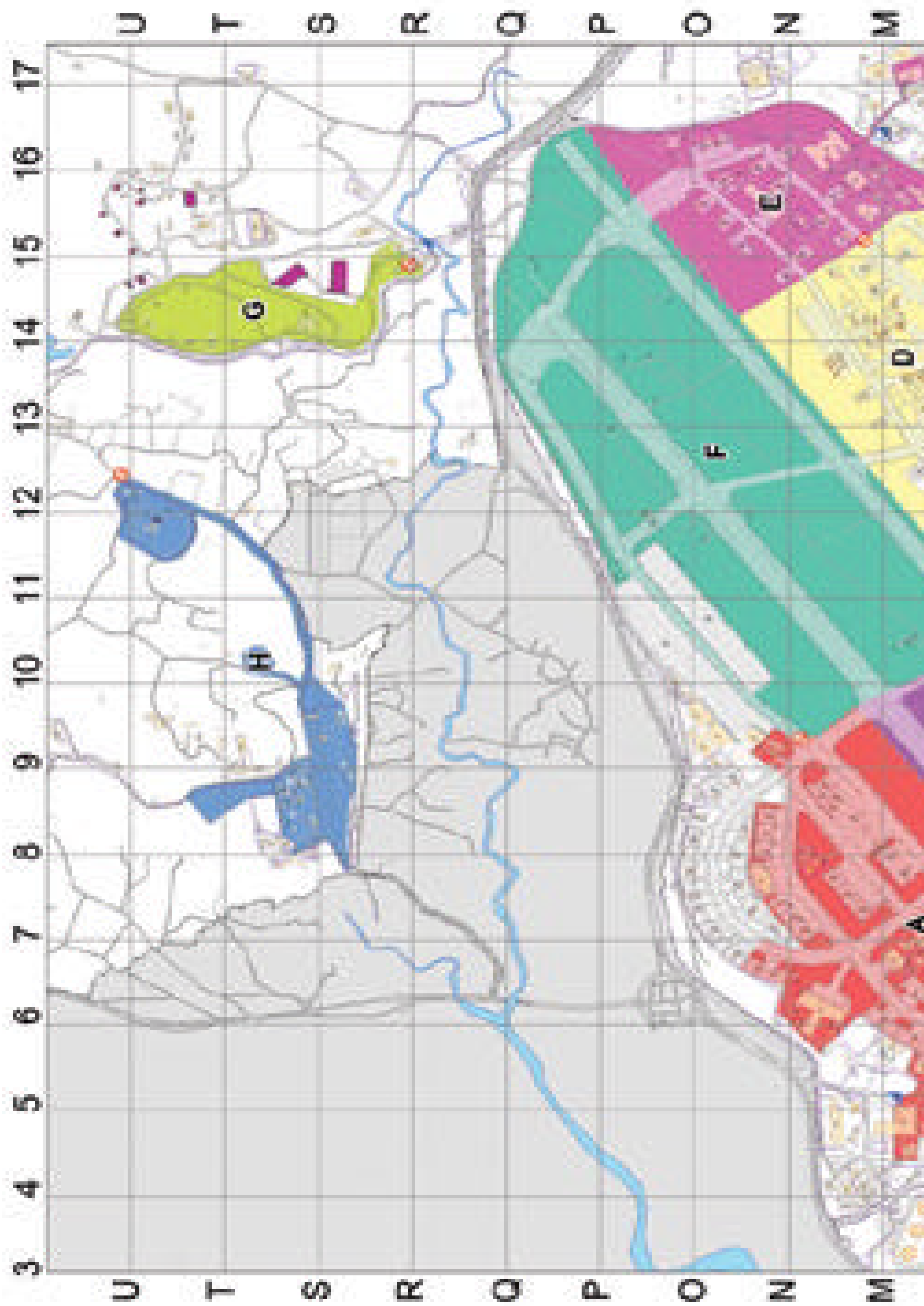
MOPP 0

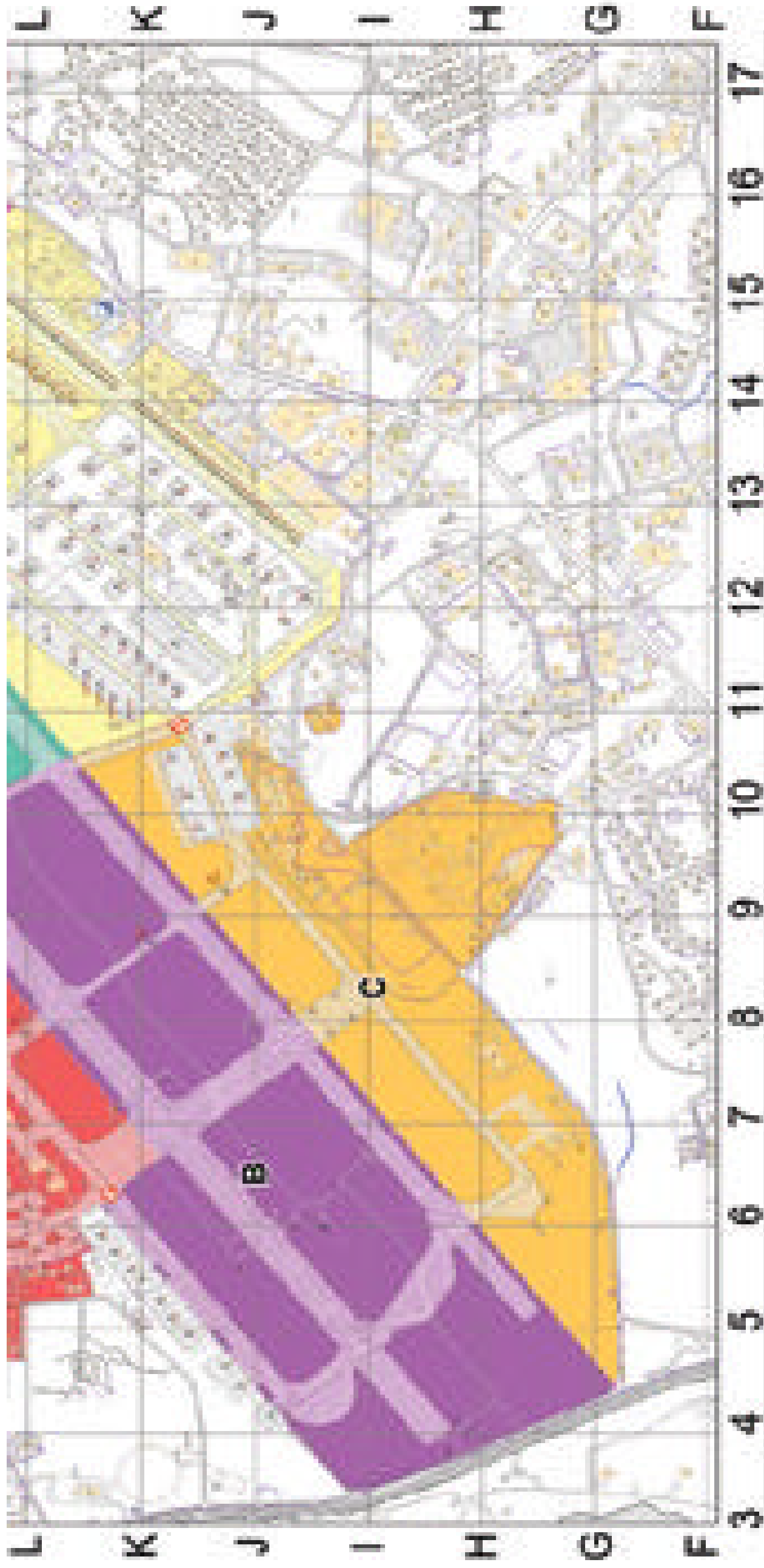
MOPP 1

MOPP 2

MOPP 3

MOPP 4





**BASE X  
BEVERLY HIGH 05-8**

1000



# Exercise hours of operation

## DINING FACILITIES

### JOHNSON

Phase I Normal hours of operation

#### Saturday and Sunday

Breakfast:	6:30 - 8:30 a.m.
Lunch:	11:30 a.m. - 1:30 p.m.
Dinner:	4 - 6 p.m.
Midnight:	11 p.m. - 1 a.m.

#### Phase II

Breakfast:	4 - 8 a.m.
Lunch:	10 a.m. - 2 p.m.
Dinner:	4 - 8 p.m.
Midnight:	10 p.m. - 2 a.m.

### MARSHALL

Normal hours of operation

#### Weekends

Brunch:	6:30 a.m. - 1 p.m.
Supper:	4 - 7 p.m.
Midnight:	10 p.m. - 12:30 a.m.

#### Weekdays

Breakfast:	5:30 - 8 a.m.
Lunch:	10:30 a.m. - 1 p.m.
Dinner:	4 - 7:30 p.m.
Midnight:	10 p.m. - 12:30 a.m.

### STRICKLAND

Recall + 24 hours not to exceed three meals

Breakfast:	6 - 8 a.m.
Lunch:	11 a.m. - 1 p.m.
Dinner:	4 - 6 p.m.

## FITNESS CENTERS

### Risner

Open 24 Hours

### Falcon

Closed

## CHILD DEVELOPMENT CENTERS

### SHIMA NOKO

#### Phase 1 - Transition

Open: Morning recall plus one hour or normal opening if no recall  
Closed: 7 p.m.

#### Phase 2

Sat.-Wed.: 5 a.m. to 7 p.m.

### NIKO-NIKO, WAKABA, SAP

#### Phase 1 and Phase 2

Open: Morning recall plus one hour or normal opening if no recall  
Closed: 7 p.m.

#### Phase 2

Monday -Wednesday: 5 a.m. to 7 p.m.  
Closed on Saturday and Sunday

# Protection of classified, unclassified information

By Jeff Hetzler

18th Security Forces Squadron

Adversaries are endlessly striving to obtain and gather information in order to exploit and hinder our operations. Are you doing your part to make certain our nation's classified materials are properly protected?

The protection of classified information is vital to the defense of our national security and our day-to-day missions. We must heighten our security awareness to eliminate adversaries compromising and gathering classified information. Bits and pieces of information gathered by our enemies could result in the compilation of classified information.

Protecting and immediately reporting the mishandling or compromise of classified information is everyone's responsibility.

Attention-to-detail is a key factor when working with classified information and precautionary measures must be complied with continually. Classified protection responsibilities can be met by following this guidance:

❑ Ensure individuals meet the four prerequisites to have access to classified information – proper security

clearance, need-to-know, a signed classified non-disclosure agreement and completed initial information security training.

❑ Always secure classified material in approved security containers when not being used.

❑ Maintain positive and constant control when removed from storage.

❑ Use secure communications when talking or transmitting classified information.

❑ Properly mark classified information to inform holders of the classification level and proper

protection controls.

❑ Ensure the proper disposition and destruction when the information is no longer relevant to mission requirements

❑ Conduct end-of-day security checks to ensure all classified materials are properly secured and accounted for.

Now is the time to take a more pervasive approach in protecting our nation's classified materials.

Our adversaries continually lurk in the shadows to acquire intelligence value and gain the advantage. We, as a wing, need to stay focused on protecting our information and ensuring our people are properly trained to do so.

The lives of our compatriots and allies depend on your actions.

We, as a wing, need to stay focused on protecting our information and ensuring our people are properly trained to do so.

# Bus Routes & Parking

18th Wing officials released the following information concerning bus routes and parking guidelines for the upcoming operational readiness exercise:

## External Bus Routes

Buses will run two external routes on the north and south sides of Base X:

- South side buses will run 24-hour operations with service every 15 minutes.
- North side buses will run 24-hour operations with service every 15 minutes.

## Internal Bus Routes

Buses will run two internal routes in Base X:

- South side internal route buses will serve EEP 1, Bldgs. 868, 870, 3384, 73331, 3339, 3359 in that order. The south shuttle runs during peak hours 5 to 9:40 a.m. and 4 to 8:40 p.m. On-call taxi service will be provided during non-peak hours.
- North side internal route buses will serve EEP 6 and Bldgs. 3515/N1, 3541, 3542, 3545 and 3660 and taxiway P in that order. North shuttle runs 24 hour operations.

## Base X Cargo Reception

- Cargo reception and movement at Base X needs to be coordinated through Base X Transportation at 630-6110.
- A unit representative is required at cargo locations to identify pallets and destination.

## Parking issues

- E-1 through E-4 dormitory residents must use bus transportation or walk to get to EEPs 1, 2 or 3.
- Bus pickup is available near most dormitories.
- Participants may drive to EEPs 4, 5 and 6.
- Limited parking is available near each EEP.
- You can park anywhere legal to park; cars may be towed if parked illegally.
- Parking areas are available at Emery Lanes and Military Clothing Sales.



By Maj. Laurel Dove

18th Medical Group

With the high temperatures and humidity on the rise, most people will experience a little heat stress. Effects from heat stress may be as mild as a rash or as severe as death.

The following are some tips to avoid heat stress, especially for people who spend long periods of time outdoors during this exercise:

♦Make sure you are properly adapted prior to starting any strenuous activity. Most people can adapt to a warm, humid climate by gradually increasing their workload over the first 10-14 days.

♦Keep yourself hydrated by drinking cool water. Do not wait until you are thirsty to drink water; by then it is too late.

♦Stay physically fit. Increased weight puts more stress on your body.

♦Limit alcohol consumption. Alcohol use makes heat illnesses more likely.

♦Be familiar with the signs, symptoms and treatment of heat stress, heat exhaustion and heat stroke.

♦Be knowledgeable of the haz-

ards of heat stress and know appropriate first aid procedures. Heat stress-related illnesses and injuries can be prevented or alleviated through early recognition of symptoms and prompt first-aid procedures.

♦Be aware of the heat index. The heat index is calculated to predict outdoor heat stress exposure. It is given as a heat category/flag color and is updated as heat conditions change. The Environmental Engineering flight provides the index to the command post for notification to affected base and tenant units during normal duty hours.

Remember, you can work safely in hot weather if you drink plenty of fluids, take breaks, adapt to the heat, plan smartly and learn the heat disorder warning signs. Do not become a heat stress victim – be ready and beat the heat.

For more information, call the Bioenvironmental Engineering Flight at 634-4752.





Today

**TEEN DANCE TOURNEY:** Join the teen center for a Dance Revolution tournament starting at 6 p.m.

**BOWLING LOCK-IN:** Let the Skoshi Bowl lock up your kids ages 6 to 12 and feed and entertain them for \$20 from 8 p.m. to 8 a.m.

**YOUTH BALLOON TOSS:** Join the youth center for balloon toss and other balloon games from 4 to 5 p.m.

**YOUTH HAT DANCE:** Wear your favorite hat or create a handmade hat for a chance to win a prize at the youth center hat dance from 7 to 9 p.m. for youths ages 6 to 8.

**THUNDER BOWL:** Join Emery Lanes for loud music and flashing lights while bowling from 10 p.m. to 1 a.m. Prizes can also be won throughout the night by answering trivia questions and doing other fun things.

**URASHIMA DINNER THEATER TOUR:** Call ITT at 634-4322 for more information.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**KUMON MATH:** Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**DEJA VU FRIDAYS:** Join the Rocker NCO Club for bar bingo in the lounge from 5 to 7 p.m. and variety with DJ Rough Rider from 5 to 9 p.m. followed by Back that Friday Up Party with all the best of the 80's and 90's until 3 a.m. in the lounge.

**FLASHBACK FRIDAYS:** Join the Banyan Tree Club for Flashback Fridays with DJ Zacko from 5 until 10 p.m. followed by Reggae Beats Virus in the lounge.

Saturday

**GOT JUNK?:** Don't throw your junk away—sell it at Chibana beginning at 7 a.m. This outdoor flea market is held on the first and third Saturday of each month and vendors may set up beginning at 5:30 a.m.

**YOUTH HAT DANCE:** Wear your favorite hat or create a handmade hat for a chance to win a prize at the youth center hat dance from 7 to 9 p.m. for youths ages 9 to 12.

**CARD AND COMIC SHOW:** Buy, trade, or sell comics, cards and other collectables at the Schilling Community Center from 10 a.m. to 6 p.m. Vendors tables are \$5 on a first-come, first-served basis and admission is free.

**TEEN HIP HOP DANCE:** Teens can show their support for Armed Forces Day by wearing the American flag or red, white, and blue, to receive a \$1 discount starting at 7 p.m. at the teen center. Members cost \$4 (with an additional \$1 discount by showing your teen center card), non-members cost \$5.

**SHURI CASTLE AND SHIKINA-EN TOUR:** Call ITT at 634-4322 for more information.

**TEEN FREE GUITAR LESSONS:** Teen Center members can learn how to play different types of guitar for free from 1 to 2 p.m. at the Teen Center.

**EXPO PARK AND CHURAU MI AQUARIUM TOUR:** Call ITT at 634-4322 for more information.

**SAX, FLUTE, CLARINET LESSONS:** One-hour sessions from 7 a.m. to noon at the Schilling Community Center for ages 5 and up.

**PATCHWORK QUILTING CLASS:** Learn the art of machine patchwork quilting and discover how to make useful household items out of old clothing and fabric scraps from 9 a.m. to 5 p.m. at the Schilling Community Center.

**TABLETOP WARRIORS CLUB:** Join the Schilling Community Center for great tabletop gaming from 10 a.m. to 10 p.m. Games include Warhammer,

Warhammer40K, Battletech, D&D, and Magic the Gathering.

**SATURDAY NIGHT FEVER:** Join the Rocker NCO Club for Rocker Music Mixer and Top 40 Variety dance hits from 9 p.m. until closing in the lounge. Don't miss out on the crowning of SLN Miss May 2005 at Super Ladies Night from 10 p.m. to 3 a.m. in the ballroom. If you are celebrating your birthday or any occasion today, call 634-0063 to book your party at our party reservations.

**ROCKER HALO-II TOURNEY:** Join the Rocker NCO Club for an Airmen versus teens X-treme Halo II tournament in the lounge from 11 a.m. to 4 p.m. Call 634-0740 for sign-up and details.

**BANYAN TREE:** Join the Banyan Tree Club for Kickin' it Country with DJ TNT in the ballroom from 8 p.m. until closing. Enjoy Soul 4 Real Saturday and R&B, Hip Hop, Reggae and Old School with DJ Nate Love and DJ Steel in the lounge from 8 p.m. to closing.

Sunday

**RENT-A-LANE BOWLING:** Up to five bowlers can rent a lane at Emery Lanes for \$15 and bowl for 3 hours from 8 a.m. to 11 p.m.

**BATTLE OF OKINAWA TOUR:** Call ITT at 634-4322 for more information.

**POWER BOAT SAFETY COURSE:** Fishing season is just around the corner so make sure you have your powerboat license by attending the power boat safety course at 9 a.m. (weather permitting) at Kadena Marina. Call the Kadena Marina Boating Office at 634-6541 for more information.

**FAMILY BOWLING DAY:** Join Emery Lanes and Skoshi Bowl for a dollar-a-game when parents and children bowl together from 8 a.m. to 11 p.m. A three-game limit may apply.

**BATTLE OF THE BANDS:** Sign up at the Schilling Community Center for Battle of the Bands III held May 29 at 1 p.m. at the Chibana baseball park.

**YUI MONORAIL AND KOKUSAI STREET TOUR:** Call ITT at 634-4322 for more information.

**PLANET VIBE SUNDAYS:** Join the Rocker NCO Club for jazz with the Doctor from 5 to 8 p.m. followed by Top 40 hits until closing.

**BANYAN TREE:** Join the Banyan Tree Club for R&B in the lounge from 7 until 10 p.m.

Monday

**COUPLE COMMUNICATION:** Join the Family Support Center for this workshop focusing on healthy communication styles and techniques from 8 a.m. to 4 p.m. It also addresses friendship, commitment, and fun in marriage and relationships. Sign up at the Family Support Center by calling 634-3366.

**CAKE DECORATING:** Learn the techniques for mastering the basics of cake decoration from 6:30 to 8:30 p.m. at the Schilling Community Center and have your next birthday cake go from boring to brilliant.

**SALSA DANCE:** Adults can learn how to salsa at the Schilling Community Center from 8 to 9:30 p.m.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**JAPANESE CONVERSATION:** Adults can make friends with their Okinawan neighbors by learning practical conversation, and Okinawan customs and culture, from 7:30 to 9 p.m. at the Schilling Community Center.

**FAMILY BOWLING DAY:** Join the Skoshi Bowl for a dollar-a-game when parents and children bowl together from 6 to 11 p.m. A three-game limit may apply.

**ROCKER:** Join the Rocker NCO Club for Rock around the Clock with CNote from 7 to 11 p.m. in the lounge.

**BANYAN TREE:** Join the Banyan Tree Club for games and a new jukebox with over 140,000 songs from 7 until 11 p.m.

Tuesday

**75-CENT BOWLING:** Reminisce about the good old days by going to Emery Lanes and enjoying hot dogs, corn dogs, fries, sodas and games of bowling for 75 cents each from 8 a.m. to 11 p.m. This program cannot be used in conjunction with other house specials.

**T'AI CHI CH'AUN:** Learn the Chinese art of Tai Chi involving slow motion moves and routines with numerous benefits to your health in this adult class from 5 to 6:30 p.m. at the Schilling Community Center.

**ROCKER:** Join the Rocker NCO Club for Crazy Karaoke with KJ QIU and LT from 7 to 11 p.m.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**ABACUS CLASS:** Learn traditional Okinawan math Tuesdays and Thursdays from 4 to 4:30 p.m. or 4:30 to 5 p.m. at the Teen Center for youths ages 6 to 18. Fees include \$35 a



Air Force/Airman 1st Class Stephanie Sinclair

Monica McLane, a masseuse from the Risner Fitness Center, gives a complimentary massage to a Kadena spouse during Military Spouse Appreciation Day at the Rocker NCO Club May 13. Representatives from the Health and Wellness Center, colleges and Family Support Center provided spouses with information about various benefits and programs available.

month for members, \$45 for non-members, and additional fees for uniforms are required.

**PAINTBALL:** Paintball is now available at Outdoor Recreation every Tuesday and Thursday from 2 to 6 p.m. Players are required to sign a release and hold harmless agreement. All players under 18 must have a form signed by a parent or legal guardian.

**BANYAN TREE:** Join the Banyan Tree Club for Rock It! and a pool tournament from 7 until 10 p.m.

**BANYAN TREE SPECIAL:** Join the Banyan Tree Club on the patio every Tuesday from 11 a.m. to 1:30 p.m. for a charbroiled 8 oz. rib-eye steak, baked potato bar, corn on the cob, home-made rolls and butter, iced tea or coffee for \$7.95.

Wednesday

**JAPANESE CONVERSATION:** Adults can make friends with their Okinawan neighbors by learning practical conversation, and Okinawan customs and culture, from 7:30 to 9 p.m. at the Schilling Community Center.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**TRADITIONAL JAPANESE TEA CEREMONY:** Call ITT at 634-4322 for more information.

**TEEN FREE GUITAR LESSONS:** Teen Center members can learn how to play different types of guitar for free from 5 to 6 p.m. at the Teen Center.

**SALSA DANCE:** Adults can learn how to salsa at the Schilling Community Center from 8 to 9:30 p.m.

**KUMON MATH:** Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387

for more information.

**DEEP GROOVE WEDNESDAYS:** Join the Rocker NCO Club for jazz with the Doctor and Old School with CNote from 5 p.m. until closing.

**BANYAN TREE:** Join the Banyan Tree Club for Request Night with DJ Keli from 7 to 11 p.m.

Thursday

**HOWTOAVOIDMARRYING A JERK OR JERKETTE:** The Family Support Center will teach you the skills to date well and learn how to walk away if you find yourself in a relationship that is not good for you. Sign up at the Family Support Center at 634-3366.

**TEEN CHEF CLUB:** Experience the fun of cooking and baking that you pick, shop for, prepare, and eat from 4:30 to 5:30 p.m. at the teen center.

**T'AI CHI CH'AUN:** Learn the Chinese art of Tai Chi involving slow motion moves and routines with numerous benefits to your health in this adult class from 5 to 6:30 p.m. at the Schilling Community Center.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**JAPANESE CONVERSATION:** Adults can make friends with their Okinawan neighbors by learning practical conversation, and Okinawan customs and culture, from 10 to 11:30 a.m. at the Schilling Community Center.

**PAINTBALL:** Paintball is now available at Outdoor Recreation every Tuesday and Thursday from 2 to 6 p.m. Players are required to sign a release and hold harmless agreement. All players under 18 must have a form signed by a

parent or legal guardian.

**ABACUS CLASS:** Learn traditional Okinawan math Tuesdays and Thursdays from 4 to 4:30 p.m. or 4:30 to 5 p.m. at the Teen Center for youths ages 6 to 18. Fees include \$35 a month for members, \$45 for non-members, and additional fees for uniforms are required.

**JAPANESE CALLIGRAPHY:** Bring Japanese words to life at this adult class from 6:30 to 8:30 p.m. at the Schilling Community Center.

**RUB-A-DUB REGGAE THURSDAYS:** Join the Rocker NCO Club for reggae with DJ Nate Love from 5 to 8 p.m. followed by Ladies Night with DJ RobSki until closing.

**BANYAN TREE:** Join the Banyan Tree Club for Fired Up Country with DJ TNT from 7 p.m. until 1 a.m.

MOVIES	
Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.	
	Keystone Theater
▲ Today.....	*A lot Like Love, PG-13, 6 p.m. Hostage, R, 9 p.m.
▲ Saturday.....	*A lot Like Love, PG-13, noon Robots, PG, 4 p.m. Hostage, R, 7 p.m.
▲ Sunday.....	Robots, PG, noon *A lot Like Love, PG-13, 4 p.m. Hostage, R, 7 p.m.
▲ Monday.....	*House of Wax, PG-13, 7 p.m.
▲ Tuesday.....	*House of Wax, PG-13, 7 p.m.
▲ Wednesday....	Robots, PG, 7 p.m.
▲ Thursday.....	*Stars Wars Episode III, PG-13, 7 p.m.
	Butler Theater
▲ Today.....	*XXX:State of Union, PG-13, 7 p.m. Hostage, R, 10 p.m.
▲ Saturday.....	Robots, PG, 1 p.m. Ice Princess, G, 4 p.m. *XXX:State of Union, PG-13, 7 p.m. Hostage, R, 10 p.m.
▲ Sunday.....	Ice Princess, G, 1 p.m. Robots, PG, 4 p.m. *XXX:State of Union, PG-13, 7 p.m. Hostage, R, 7 p.m.
▲ Monday.....	*XXX:State of Union, PG-13, 7 p.m.
▲ Tuesday.....	*XXX:State of Union, PG-13, 7 p.m.
▲ Wednesday....	Hostage, R, 7 p.m.
▲ Thursday.....	*House of Wax, PG-13, 7 p.m.
* First Run shows are marked by a star	

C H A P E L	
Catholic	
▲ Monday through Friday	: Mass, Chapel 2, noon.
▲ Saturday	: Confession, Chapel 2, 3:30 to 4:30 p.m. Vigil Mass, Chapel 2, 5 p.m.
▲ Sunday	: Mass, Chapel 3, 8:45 a.m. Mass, Chapel 1, 12:30 and 5 p.m.
Protestant	
▲ Wednesday	: Bible Study, Chapel 2, 7 p.m.
▲ Sunday	: Inspirational, Chapel 2, 8:30 a.m. Liturgical, Chapel 3, 8:45 a.m. Evangelical, Chapel 1, 9 and 10:45 a.m. General Protestant, Chapel 2, 10:30 a.m. Gospel, Chapel 3, 10:30 a.m. Sunday school, Bldg. 326 & 327, 10:45 a.m.
▲ Hindu service:	Mondays, Chapel 1, noon.
▲ Eastern Orthodox services:	Call 645-7486
▲ Jewish services:	Call 637-1027
▲ Islamic services:	Call 636-3219



# May fitness month events

**Thin Thursday**  
May 26  
Stop by the Risner Fitness Center between the hours of 8 to 11 a.m. or 1 to 6 p.m. every Thursday in May to get a body fat assessment done and see how thin you really are.

**Basketball Tournament**  
May 27  
A three-on-three basketball tournament and Hot Shot competition will be held at 2 p.m. at the Risner Fitness Center. Prizes will be awarded for first and second place. Deadline for sign-ups is Wednesday.

**Aerobathon**  
May 30  
A Memorial Day Aerobathon will be held from 8 to 11 a.m. May 30 at the Risner Fitness Center. This three-hour event offers a wide variety of aerobic formats including step, cardio funk, total body conditioning and more. A free t-shirt will be given to the first 70 participants to complete the entire three-hour workout.

For more information about these events, visit or call the Risner Fitness Center at 634-5128. All events are subject to change due to mission requirements.



Air Force photos by Airman 1st Class Stephanie Sinclair  
**LAYUP:** Shahid White, an airman first class from the 18th Security Forces Squadron, drives in for a layup against Derrick Soriano during a "Cops Versus Teens" basketball tournament May 13. Half a dozen members from 18th SFS and more than 20 teens participated in the event hosted by the Teen Center Millenium staff.  
**DRIVING IN:** Derrick Coffey dribbles "into the paint" against Aldric Corcuera, 18th SFS.

## Volleyball Standings

Division 1		
	W	L
DoDDS	8	0
733 AMS	7	1
18 SVS (A)	6	2
18 LRS (A)	5	3
718 CES	4	4
18 CS	3	5
18 CMS	2	6
18 SVS (B)	1	7
961 AACs (B)	0	8

Division 2		
	W	L
961 AACs (A)	8	0
390 IS	6	2
18 CPTS	5	3
82 RS	4	4
353 OSS	4	4
18 CONS	4	4
18 AES	3	5
18 AMDS	2	6
623 ACF	1	7

Standings are current as of May 16

# DoDDS beats 82nd RS 50-32, advances to quarterfinals



Photos by Airman 1st Class Stephanie Sinclair

## Special Olympics

### Volunteer Briefing

June 14-15  
The Kadena Special Olympics briefings for all volunteers will be held June 14 at 9 a.m. and June 15 at 3 p.m. in the Keystone Theater. Anyone signed up as a volunteer is encouraged to attend this briefing to receive an overview and have the opportunity to ask questions.

### Special Olympics

June 18  
The Kadena Special Olympics is one of the top inter-cultural programs hosted by the 18th Wing involving many mentally and physically challenged athletes and their families. Since the majority of athletes are from local Okinawan schools and welfare workshops, the Special Olympics Committee needs many interpreters on the day of the event. Interpreters will be tasked to escort the athletes and families to each venue, assist in serving lunch, explain the rules of the games, and cheer on the athletes during events. If you would like to volunteer or have any questions about the event, contact Chiemi Karimata, 18th Services Squadron, at 634-1197 or 090-9781-7552 or sign-up on the Kadena intranet by clicking on the Special Olympics site.

(Clockwise from above)

**BUMP:** Richard Mabry, 82nd Reconnaissance Squadron, sets up a play for teammates Jason Fleming (#31), Rudy Ando (#58), and Scotty Appleby (#21) during the intramural volleyball semi-final matchup between the Department of Defense Dependent Schools and the 82nd RS Tuesday evening. The DoDDS team came out on top with a score of 50-32 and advanced to the quarterfinals Wednesday night.

**SPIKE:** Richard Mabry (left), 82nd RS, gets ready to spike the ball.

**VOLLEY:** Rudy Ando (#58), 82nd RS, prepares to return a volley from members of the DoDDS team.

